



American Heart  
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# Questions to Ask Your Doctor



## Cholesterol

What is my total cholesterol level?  
What is my triglyceride level?  
What are my HDL ("good") and LDL ("bad") levels?  
What is cholesterol and how may it affect my health?  
What is a healthy cholesterol level?  
How often should I have my cholesterol checked?



## Obesity and Body Mass Index

What is my weight?  
What is my height?  
What is my Body Mass Index (BMI)?  
What BMI range is healthy for me?  
At what weight would I be considered overweight? Obese?



## Smoking

How can I quit smoking?  
How can I avoid gaining weight after I quit smoking?



## Diabetes

What is my fasting blood glucose (sugar)?  
What is diabetes and how may it affect my heart health?  
Diabetes runs in my family. How can I prevent it?  
I have diabetes. How can I control it?  
I have diabetes, and I know that increases my risk of heart disease and stroke. Should I be on medication(s) to help lower or manage my risks?



## High Blood Pressure

What is my blood pressure?  
What is my systolic number?  
What is my diastolic number?  
What is high blood pressure and how may it affect my health?  
How often should I have my blood pressure checked?



## Physical Activity

What can I do to increase my physical activity levels?



## Risk

If I am at intermediate or high risk for heart disease, are medicines for blood pressure control, cholesterol control (e.g., statin, niacin, fibrates) and aspirin appropriate for me?



## Family History

Does my family history of heart disease and stroke put me at increased risk for these diseases?



## Heart Attack and Stroke

What is a heart attack?  
What is a stroke?  
What are my risk factors for heart attack and stroke?  
How would I know if I am having a heart attack or stroke?  
What should I do if I think I'm having a heart attack or stroke?